

Pasta Primavera

Ingredients:

8 oz whole grain pasta of your choice
¼ cup extra virgin olive oil
3 large garlic cloves
1 pack (10 oz) frozen mixed vegetables (thawed in fridge) or seasonal fresh veggies
Parmesan or Romano cheese (optional)
½ tsp Italian seasoning or fresh chopped basil, oregano, parsley to taste

Directions:

Pasta

1. Boil water and cook pasta _____minutes as directed on the package.
2. Pour water and pasta in the colander- make sure you pour water away from you to avoid a steam burn!

Sauce

1. Squeeze garlic cloves through garlic press.
2. Heat olive oil in large frying pan over medium heat for one minute.
3. Add garlic and stir fry until aromatic.
4. Add dried seasonings if using- stir one minute.
5. Add thawed or fresh veggies to garlic, stir fry until veggies are hot but still firm and crisp about 5 minutes.
6. Add fresh herbs if using and sauté 5 minutes.
7. Serve veggies over cooked pasta.
8. Top with grated cheese if desired.

